



FAQS:

1. What is Body Fit Boot Camp about?

A structured fitness boot camp, which goes for 8 weeks, meets 2 times per week, for 30-45 minutes. The sessions are conducted by a certified personal trainer, who is dedicated and motivated to make each session both meaningful and productive for ~~each~~ participant. The trainer will be there to personally guide you through each session. Deep down, each and every one of us wants to be challenged and in the end feel like we accomplished something. The bi-product will be a new level of mental and physical fitness. The workouts are centered on functional fitness movements and circuit training.

2. What fitness level should I be at to participate?

Body Fit Boot Camp is designed for every one! ~~fitness level and beginners are most welcomed,~~ ~~with the~~ All exercises can be modified to fit every participants' own ~~each~~ fitness level. Everyone starts their journey somewhere and this can be life changing for some.

~~Whether you're a 21 year old athlete or a 59 year old with a positive attitude, all exercises can be modified to fit your level.~~

Comment [I1]: Is this the primary target group? If so, may want to reword a little.

Comment [I2]: Believe this may have negative impact for many... thinking about competing with a young, fit person, or thinking you're too old...

3. Why Body Fit Boot Camp?

Deep down we all want to push ourselves a little harder- that's what a boot camp is about. Some want to change something about them selves - a look, a feel, etc. There is a niche and this boot camp can fill it. The results will be measurable, plus who doesn't want to burn 2 times the amount of calories versus what a typical exercise class offers? Additionally, you'll have support groups! We are going through these 8 weeks together, forming bonds and making friends. All of these things will help you complete the 8 weeks of Body Fit Boot Camp. Commit - never quit! Oh- and the boot camp is free!

4. Do I need any equipment?

No. Body Fit Boot Camp is a body weight driven program. A personal exercise or yoga mat is great, but not necessary. Several mats are freely available for use from inBalance.

5. What should I expect?



For most, expect a positive experience like no other. Have fun, sweat, motivate each other, and before you know it, ~~the~~ the workout's over. Most of us set limits on or for ourselves and proper motivation and guidance will help take us past ~~these~~ barriers. The results, well they are up to you, but the look and feel is awesome!

6. If I sign up, do I have to attend all sessions?

Yes. We want you to invest in yourself. There are many priorities in life and fitness is one of those. We believe it is an attitude or a mindset that should be applied for the next 8 weeks, 16 workouts. Commit- don't quit!

7. Will I experience muscle soreness?

Best answer - yes. Recognize this is never a good gauge on how effective a workout is, ~~but~~ it can be ~~is however~~ a bi-product of ~~the~~ workout ~~sometimes~~. Many will experience muscle soreness through the couple of weeks of resistance training, ~~many experience muscle soreness~~. Just recognize this is typical and the workouts. ~~We~~ will always include ~~provide~~ proper stretching techniques before and after each session, as this will aid in recovery periods following the sessions.

8. Will I visibly see results?

Best answer - yes. Results are really based upon the individual. There are 2 things that will drive results for this program. The first is intensity. The harder you work, ~~the~~ the extra repetitions you put in, etc., and this ~~that~~ helps drive results. I can use a row machine for 1 hour at a light rate and burn 250-300 calories or I can do it vigorously for the same amount of time and burn 800-1000 calories. Intensity ~~has everything to do with it~~ can increase or expedite the results. However, if this is your first boot camp, ~~start~~ slow, but look to turn it up in the weeks to come. The second major factor is a person's daily nutrition intake. Quite often people will participate in fitness programs and during that program they may often feel hungrier or not pay attention to nutrition related issues, as a justification for exercise. This area can undo everything that a person is trying to accomplish and needs to be considered and applied throughout the program for the best results.

9. Isn't cardio better for burning fat?

Cardio ~~r~~espiratory training is a component of fitness and, yes ~~it is~~ will burn fat and is vital to any program. Body Fit Boot Camp gets the body working on all levels, similar to all cylinders of an engine firing. It incorporates resistance training and cardio respiratory training, to turn the



body into lean muscle and burn fat at a much higher level than typical cardio alone. Experts in the field refer to this as metabolic boosting in some form or another. Your metabolism gets fired up= fat burning, at much higher levels.

10. What do I need to do to get ready for Boot Camp?

That's easy. Just pick a few things from the following list:

- Tell someone you care about how much you appreciate them.
- Lend a hand to someone.
- Today- Do something! There is no TRY.
- Ignore excuses to yourself about why I haven't started this or that- just do it.
- Stay hydrated.
- Pledge your faith- religion, family, fishing, running, you call it.
- Respect where you have been.
- Welcome where you are going.

You get the picture - come as you are - these other things are important too, so don't forget to do a couple of them or add to the list - that's all you have to do to get ready. See you there!